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A laser readable disc for use in conjunction with a playback apparatus having a random access capability and a control function for selectively playing separately addressed video segments; the laser readable disc having at least one spiral track storing a video program comprising a plurality of separately addressable video segments; video segment information directly defining the plurality of separately addressable video segments; and at least one segment code for preventing the control function of the apparatus, e.g., segment skip function and/or a fast-forward function, from interfering with a playing of at least one of the plurality of separately addressable video segments, e.g., skipping a commercial included with said video program.